

Hello everyone

Posted by davidngu613 - 20 Apr 2013 01:37

Hi everyone. I'm 18 years old, modern orthodox, and going off to yeshiva next year. I've been struggling with the nisayon of lust for as long as I can remember. Although I've been observing this community of warriors from the sidelines for quite some time, I think I'm finally ready to become a member of it and to restart my journey with help and guidance. This is my story.

I honestly can't even remember when this problem began- definitely way before puberty. It had always been bad, but it got much worse when I discovered that the Internet can be an outlet as well, in 8th grade. It slowly got worse as the years went by; every year around Yom Kippur I told myself I would stop, but, as you all know, it never lasted. In fact, I tried to stop countless times but nothing ever worked. I hated this secret part of my life and always felt that it made me a hypocrite. After 10th grade was when the flood gate opened. I was at it, easily, 2-3 times a day. I was in a hole the depths of which only the people in this community could ever understand. I put so much filth into myself that year that I gave up hope of ever stopping.

The following summer changed my life. I went to a learning camp, became inspired (not to mention clean for over a month as there was nothing to do except learn, talk with friends, and sleep) and when I got back I decided that I couldn't go on with this double life. I gave stopping an extremely serious, mature effort for the first time- and things improved, somewhat- but never for very long. After so many years of self medication and obsession, things weren't going to get better so quickly.

Finally, after a streak of failures this past fall, I confessed to my dad that my laptop was ruining my life. It felt really good, although I was SO embarrassed when I was telling him, and I knew that I had just won a major victory for Hashem. (Despite that, I still don't think he really understands the extent of the problem- he probably just thinks I have a self control issue). I was clean for my first 90 days after that, but it was MAMESH GEHENOM ON EARTH. Every night I died trying to push away the fantasies and desires. Since I've been around this site for a while I know about Dov and I would like to paraphrase something he posted once: "Without Hashem, trying to restrain yourself is like holding your breath- eventually you have to let go". And that's exactly what happened to me after those 90 days- I had to let go, and fell.

Some time after that, after another particularly hard fall, I believe I experienced what is commonly referred to as "hitting bottom". I knew that something drastic had to happen in my approach to this whole problem. What I was doing wasn't working, and would likely continue not to work. Trying to restrain yourself, cutting off all access to the Internet and fighting with all your might was ineffective. I had never really taken GYE seriously before this, but now I realized that

it was my only hope. After spending a lot of time on it, I finally internalized the idea that I have an addiction, a disease, and that I need help.

I want to restart my journey, everyone, and I need your help. All my aspirations for myself, for what I want to accomplish in my life- being an eved Hashem, a talmid chacham- will go down the drain along with my tiny portion in Olam Haba if I don't get out of isolation and work the 12 steps. Can anyone offer advice to someone like me? I know that I'm somewhat of a minority in this community- most people are married adults, with kids. I haven't reached the point where my life has been completely ruined, but I feel that if I don't do something now, it very soon will be.

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Re: Hello everyone

Posted by cordnoy - 27 Jan 2015 09:07

There was a list of many tips there.

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Re: Hello everyone

Posted by thetest - 27 Jan 2015 10:45

[shomer bro wrote:](#)

Any tips for those of us who wear contacts? It's not very practical to pop them out at random times

How about trying to wear glasses on top!?

Don't know how it would effect walking but it could serve the same purpose potentially.

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Re: Hello everyone

Posted by Dov - 24 Mar 2015 03:00

Would you like some tips instead on how to stop worshipping attractive women?

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Re: Hello everyone

Posted by Dov - 24 Mar 2015 23:56

Thank G-d you are interested in that! So many of us are still locked in the old, very frum-feeling, love-embrace with the glory of being omeid b'nisayon, kedushas eynayim, and tahara, *finally* doing Teshuva gemura (davka), etc, etc. The bondage we keep ourselves in just to remain respectable (in our own imagination, is pretty shocking. And I relate to it 100%, have not forgotten, b"H.

You would love to do that, you wrote...but it's a real change. It has got to cost something. It's gotta be real, bringing yourself to the table as you really are in the rest of your life. Not just 'talking about lust and recovery', like we do here.

There is so much real action to take here. I needed (and need) to open up honestly to other real live people w/o holding back any detail due to shame. For some that can be a therapist or an understanding, loving, and wise Rov or other mentor. In my own case, all those failed to save me...my last therapist (being a recovering alcoholic herself) was humble and brave enough to admit to me that therapy would not have saved her, and it would probably not save me, either. She suggested that I go to SA meetings and open up fully, right from the start with the sober people there. Admitting it on-line and using a fake name is one thing. Admitting it clearly to a real (safe) person without a bag on your head is quite another. It makes it real. Really. A very good start.

Another thing is getting used to **surrendering** (giving up) the sweet images of women we see and want to absorb or follow. We get used to doing that sooner than later. And get used to giving up fantasizing or obsessing about them, if we are do that. Often that does not happen until we call a safe friend up and admit it for them to hear very clearly. The admission kills the secret of it and it kills the shame of it.

Kills the shame of it?

That's a tremendous chiddush to many who think that quite the opposite is true. They figure that shame only comes from *davka* the *admitting* of it to another! And they figure that the 'value' of admitting it is actually in *shaming myself from thinking such things again*...like it's a punishment of a TaphSic thingy or something. Gevalt how backward. They do not realize that it is only the elimination of our shame that will allow us to truly face the truth about ourselves and DO something about this...like giving it up for today completely. That's just how it works. R' Elimelech knew that and that's why he advised that (even to non-addicts) in #13 of his Tzet'l Kotton (check it out, very nice). He surely did that himself at his madreigo - but honestly and fearlessly casting of his shame and telling the unvarnished truth to a trusted friend about his

The truth about shame to tell the truth to safe people is that it isn't shame at all, but our arrogance. And it is easily dressed up in religion by folks from all walks of life. Yidden do it in much the same way that christians do it. 'Chillul Hashem', 'Ashrei k'sui chato'oh', etc...all excuses based on 'preservation of our dignity'. In other words we are too ashamed of the truth. That's arrogance. Well, my dignity in front of people is basically shot, thank G-d. The only dignity I really have intact is in front of myself, for I am a pervert in recovery - and life is good!

After that, if necessary, we get used to **praying** for the women or images that we don't forget about, sometimes right away in the street or while driving. That takes some getting used to. Some of us think we look down on the dirty shiksas too much for us to sincerely pray for their health and happiness! Look down on them? Are disgusted by them? Huh? We worship them! struggles, whatever they were. The real tzaddikim follow their own advice.

If these women are precious enough for us to try and follow around to get another look at them in the supermarket or street (or in our minds), they are probably 'choshuv' enough for us to pray for their benefit. After all, they - as humans and a tzelem Elokim (Yes, as Rav Avigdor Miller and others have driven home many times, goyim are also a tzelem Elokim) - definitely have a good tachlis and G-d has a purpose for them in His world, too. G-d cares for people and guides their lives and the goyim are expected to have a relationship of some sort with Him. It's precious to Him, too. That's obvious. Time to pray for them - **davka** because we mentally (and sickly) reduce them to sex objects for our pleasure all the time. Then, of all things, *our yiddishkeit* comes to rescue and convinces us that they are disgusting evil people and the only thing to *possibly* pray for them for is that they should do Teshuva real soon (but not *immediately*, of)

There are other actions we can take. Humility, when I get some (or humiliation), opens my mind to them. Pray for me while you are at it, please.

Hatzlocha my friend!!

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